



## Know When To...

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### Call your doctor's office or go to the hospital for labor evaluation

(if you notice the following symptoms)

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- Bleeding from vagina
- Sudden gush of water from the vagina and/or leaking
- Sudden, continuous or intermittent abdominal pain
- Fainting spells or loss of consciousness
- Blurring of vision or spots before the eyes
- Pain or burning sensation while urinating
- Chills or fever
- Labor pains are three to five minutes apart (for a first-time mom) or seven to ten minutes apart (for a second-time mom) lasting 45 to 60 seconds each and do not change with a change in activity

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### Call your doctor's office after delivery (if you notice the following symptoms)

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- Temperature of 100.4 degrees or higher
- Excessive bleeding (saturating a pad in less than an hour, large clots, or numerous small clots)
- Breast pain with redness, flu-like symptoms or fever and chills
- Continued sore nipples, cracking and/or bleeding, unrelieved breast engorgement
- Burning or frequency with urination
- Sharp abdominal pain, pain in your legs or shortness of breath
- Foul odor to your vaginal discharge, accompanied by fever
- Severe depression or feeling that you may harm yourself or your baby

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### Call your baby's doctor (if you notice the following symptoms)

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- Your baby is under three months of age and has an axillary (under the arm) temperature of 100.4 degrees or rectal temperature over 101 degrees
- Your baby has less than four wet diapers in a 24-hour period in the first week of life, or less than six wet diapers in a 24-hour period after the first week
- Your baby refuses to eat for six to eight hours
- Your baby experiences drastic behavior changes such as increased irritability, excessive crying without a cause, extreme sleepiness or floppy arms and legs
- There is redness, foul odor, or drainage around the belly button that extends out into the stomach
- Your baby vomits repeatedly
- Your baby has a congested cough, running eyes or nose, or noisy breathing
- The skin becomes pale blue or very yellow
- Your baby develops a rash with a fever